

Tuesdays with Tammy Nevada Libraries Forum
from
Nevada State Library, Archives and Public Records
10 a.m. - 11:00 a.m.
Tuesday
September 1st, 2020

Attending: Tammy Westergard, Sulin Jones, Norma Fowler, Bruce Douglass, Betts Markle, NSLAPR; Guest speaker – Lisa Keating, PhD, clinical psychologist; Kim Diehm, Boulder City; Diane Baker, Tod Colegrove, Carson City; Amy Dodson, Douglas County; Joy Gunn, Marcie Smedley, Henderson; Jessica Anderson, Humboldt County; Courtney Oberhansli, Mineral County; Forrest Lewis, North Las Vegas; Mandy Springer, Kathie Brinkerhoff, Pershing County; Jeff Scott, Tyna Sloan, Washoe County; Cyndi O, NV CoOp; Eric Walsh, GBC; Lara Schott, Sierra Nevada College; Kathy Ray, UNR; Mary Schultz, UNR Medical Library; Maggie Farrell, UNLV; Ron Belbin, WNC; Randi Hunewill, Nancy Schmidt, SCLL; Ron Belbin, WNC.



WHAT PEOPLE ARE THINKING RIGHT NOW



Strengths:

- Libraries are flexible in times of crisis.
- Libraries provide essential services for their communities.
- Libraries are for everyone and try to figure out best ways to help everyone.



Struggles:

- Struggling to maintain services while keeping a safe work environment.
- Finding ways to assist their communities during the COVID19 pandemic and economic downturn.
- Identifying and understanding the effects of the pandemic on children and young adults' mental health.



Opportunities

- Being clever, creative, and sustainable during these times creates support among communities we serve.
- Helping identify children and young adults deal with the stress of the pandemic.



Trends

- Increase in suicide, depression, and anxiety in children and young adults.
- Increase in course withdrawals among community colleges and universities in Nevada 2020 compared to 2019.
- The pandemic is putting students further behind and less prepared to enter the workforce in the future.

Announcements:

- The Tuesday Mental Wellness recordings are posted on our site:
<https://nsla.nv.gov/COVID19/10MinuteWellness>
- September presentations: "Helping students deal with going back to school and new models of learning," Lisa Keating, PhD, Clinical Psychologist, Sierra Psychological Associates LLC.
- Save the Date: September 10, 2020, READ Nevada Virtual Event: Sneak Peek: Governor Sisolak celebrates reading, summer reading trends, library online story times, and more. New Family Night Reading Challenge for Fall 2020. More information coming. **Update: Event has been postponed.**
- Save the Date: October 14th, 2020, "Resilient Together: Building School and Public Library Partnerships", October 14, 21, 29th, 2020. Register: <https://www.eventbrite.com/e/resilient-together-building-school-and-public-library-partnerships-tickets-113371027796> Early Bird Registration August 31st, 2020. LSTA travel to training grant is available for this event.

Guest Speaker: Lisa Keating, PhD, Child and Adolescent Psychology

- Session 1: What is going on psychologically with children right now and how does it impact their ability to learn -
- There is a great deal of information out there regarding how to help kids learn and teachers teach, but not enough information about what it is like to be kid right now. They are having experiences that are different from adults.
- This school year is nothing like they thought it would be. Before COVID19, children often felt like they didn't have control over their lives. This school year, they have even less control of their lives as traditional routines have been upended.
- If we don't understand how much harder COVID19 is on kids, our best intentions to help them by giving them information and understanding will be rejected by them.
- In the next few sessions, we will work on ways to communicate effectively with kids that provide understanding and acknowledgement of their developmental needs to help them learn better.
- Kids mental health is declining as the months of COVID19 continue because they are: having less time with their friends, less eye contact (which is important in child development), less physical closeness, and less physical activity.
- They are having to develop new skills based on: organization, concentration, online learning, staying seated for longer periods of time, and more computer skills.
- COVID19 has been hardest on teenagers and young adults (18-21): Higher thoughts of suicide, higher levels of depression, increase in substance abuse. Developmentally, teens and young adults try to independence from adults, are dependent on peers, and are engaged in social/emotional learning. They are trying to do these things but are now in a shaky, constricted, upside down world with fewer opportunities for learning and developing the skills.
- Adults and peers are unable to give them life advice due to their own uncertainty about the world.
- Despite outward appearances, teens and young adults are fearful about the world they find themselves going into.
- K-5th graders are dependent upon others (parents, teachers, adults) and have little to no control over their lives. Add on top of this the fear of COVID19, which is invisible but is destabilizing their environments. The K-5th graders are showing signs of anxiety.
- Middle School is where independent learning begins to develop and grow, but the structure for developing independent learning has been taken away from middle school youth.

- The demands for independent learning have increased anxiety as youths learn to adjust to this new environment.
- Before COVID19, there was: food insecurity, stress, neglect and abuse in homes, lack of parenting skills, anxiety and depression, OCD, learning disabilities, hearing and visual issues, executive functioning and attention deficit issues. These all still exist, and COVID19 has made them worse.
- As a result, acting out and acting in behaviors will increase.
- Acting out behaviors: temper tantrums; refusing to work; putting their head down on the desk; not listening; irritability; tapping or hitting the desk; and substance use.
- Acting in behaviors: difficulties with eating and sleeping; crying; unmotivated; distracted; apathy; self mutilation; headaches; stomach aches; suicidal thoughts.
- Acting in behaviors are indicators of being overwhelmed, sad, hopeless, helpless, fear, out of control, inability to concentrate.
- Acting out and acting in behaviors are getting in the way of learning and growing. These behaviors are an attempt to communicate with you how they are feeling.

Check-In:

Amy Dodson, Douglas County: Regarding the Diversity Statement, the Library Board met last Tuesday and voted to launch an investigation. Tammy Westergard, Tod Colegrove, the Nevada Attorney General Aaron Ford, and a member of the ALA Office of Intellectual Freedom were in attendance. The investigation has yet to be defined or provide a scope as to what they will be investigating, but indicate that they will look at the sequence of events leading to the diversity statement and Sheriff's response. We have received around 100 emails that are supportive of the library and staff. The investigation is authorized to spend up to \$30,000 but it is unclear where the money will come from. One board member resigned because of the investigation, leaving a vacancy on the Library Board.

Tod Colegrove, Carson City: Thanked Amy for the opportunity to speak at the meeting and commended her for her defense of the library staff.

Discussion ensued about the powers and responsibilities of library trustees; erosion of those powers that has been observed in the last few years; and needed clarification of the separation between county commissioners/governing bodies and library boards.

Tod Colegrove, Carson City: The Burning Man festival is being featured in virtual reality on Oculus Go TV network this week. The content was recorded by the Nevada State Library and state universities.